

JANUARY
2021

Mental Wellness Month



S M T W T F S

BioNeurix

#YearOfWellness Calendar

3 Make a to-do list for your day or week.

4 Start your day with a 5-minute guided meditation.

5 Write down something good that happened today.

6 Limit your social media consumption by not picking up your phone for an hour (or more!).

7 Leave a thank you note to somebody.

8 Soak in a nice warm bath.

9 Unfollow people who don't add value to your life.

10 Pick one small space of your house to clean.

11 Center your emotions today with RAIN practice.

12 Commit to using positive language.

13 Get an indoor plant.

14 Watch a Ted talk video.

15 Wind down your day with a fun movie of your choice.

16 Create or join an online group that shares the same interest as yours.

17 Try to get an 8-hour sleep.

18 Write everything that is bothering you today.

19 Go for an outdoor walk and appreciate the beauty of nature.

20 Challenge your mind with brain games or exercises.

21 Do one random act of kindness.

22 Pick a tune and dance like no one is watching.

23 Share a Meal with a Neighbor or Co-Worker.

24 Try giving a compliment to stranger - the barista, gas station personnel, or even a passing stranger.

25 Learn a simple breathing exercise.

26 Call or chat a family member or close friend today & tell them how much you appreciate them.

27 Don't forget to eat your breakfast today!

28 Say thank you.

29 Pick a favorite time of your day & enjoy a cup of your favorite coffee or tea.

30 Find a virtual event you and your friends can enjoy.

31 Take a breather! Just laze around and relax.

Share this free wellness calendar with friends & post your progress

#YearOfWellness



Connect with us on social.
@bioneurix